

WORKING WONDERS®

get fit

CIGNA HealthCare of New Hampshire, Inc. really cares about your health. That's why we've designed our Working Wonders program to provide some great incentives that **active State of NH Employees** can earn! After reading through this information you'll know why CIGNA HealthCare has become the plan of choice of the State employees and their families. You'll also find out how you can benefit by developing a healthier lifestyle. If you still have questions after reading this information, call Member Services at the number listed on your ID card.

FOR POS and HMO SUBSCRIBERS:

HEALTH EDUCATION FOR ACTIVE STATE OF NEW HAMPSHIRE EMPLOYEES

CIGNA HealthCare will pay up to \$150 per calendar year per subscriber contract. When a subscriber contract includes two State of New Hampshire employees, both employees are eligible for reimbursement for the completion of health education classes. Our Health Education Program offers a wide variety of classes to choose from, including help and instructions for quitting smoking, reducing stress, losing weight, nutrition, first aid, parenting, and much more.

A comprehensive list of approved health education classes is available on **myCIGNA.com**. To be reimbursed for these classes you must:

- Attend approved health education classes
- Attend at least 75% of the class time per course
- Send in certificate of completion and receipt of payment

*The longer you stick
with the program, the
more valuable the
rewards you can earn.*



CIGNA HealthCare
A Business of Caring.

"CIGNA HealthCare" refers to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these subsidiaries and not by CIGNA Corporation. These subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc.

WORKING

WONDERS®



Approved Health Education Classes

For Network HMO and POS Subscribers that are Active State of New Hampshire Employees

Following is a list of health education classes that are approved for reimbursement by CIGNA HealthCare. Because benefits plans vary, some limitations may apply. Before signing up for any class, please call the CIGNA HealthCare Member Services Department at the number on your ID card to determine if the class is covered by your benefits plan.

STATEWIDE

American Red Cross
1-603-624-4307

- CPR
- First Aid

American Lung Association
1-800-835-8647

- Smoking Cessation

Lifestyle Network
1-800-639-3131

- Indoor and Outdoor Recreation

My Weigh
1-603-228-9024

- Weight Loss Program

Weight Watchers of New Hampshire

\$150 limit per year

1-603-666-5400 or 1-800-561-6000

- Weight Watchers

ATKINSON

Sadhana Center
1-603-362-9933

- Medical Massage
- Stress Management
- Yoga

BEDFORD

Absolute Fitness
1-603-626-1155

\$225 per year

- On the Ball Relaxation Method
- Pilates
- Yoga

Dartmouth-Hitchcock
1-603-629-1100

- Stress Management

BERLIN AREA

Androskoggin Valley Hospital
1-603-752-2200

- Babysitting
- Childbirth
- Child Safety and Resuscitation
- CPR
- Diabetes Education
- First Aid

Natural Family Planning
1-603-752-2040

- Natural Family Planning Classes (limited)

Royalty Athletic Club
1-603-466-5422

- Babysitting
- CPR and Recertification
- First Aid
- Fitness Assessments and Body Fat Analysis

CLAREMONT AREA

Valley Regional Healthcare
1-603-542-3479

- Aerobic Fitness Evaluation
- Basic Dysrhythmia
- CPR
- Childbirth Preparation
- Cholesterol Information and Screening

- Sibling Class
- Weight Control
- Yoga
- 55 Alive

CONCORD AREA

Center for Health Promotion
1-603-228-7240

- American Red Cross Classes
- Childbirth Education
- HealthFast™
- Nutrition Counseling
- Parenting Classes
- Quit Smoking Programs
- Stress Management Programs
- Weight Management

Concord OB/GYN, PA
1-603-228-1111

- Breast-feeding
- Childbirth Preparation and Refresher

Conservation Center, Dennis Furry
1-603-942-7634

- Tai Chi
- Qigong

Nautilus Works!
1-603-428-3838

- Blood Pressure Screenings
- Body Composition Analysis
- Kickboxing
- Nutrition Courses
- Senior Fitness
- Stretching
- Weight Management
- Yoga

Professional Physical Therapy Services
1-603-226-3500

- Back School: Preventing Back Injuries
- Office Safety: Avoiding Aches and Pains at Work
- Top Form Golf

Performance/Rehab Enhancement Racquet Club of Concord
1-603-224-7787

- Body Fat Composition
- CPR and Recertification
- First Aid
- Kickboxing
- Stress Management
- Swimming Lessons for Children
- Weight Management
- Yoga

The Family Place at Concord Hospital
1-603-224-2759, ext. 4977

- Childbirth Education
- Parenting and Family Education
- Women's Health

The Naturopathic Clinic of Concord
1-603-228-0407

- Cleanse Program
- Homeopathic First Aid Class

The Nutrition Connection
1-603-224-3343

Pamela Smith-Osrow

- Childhood and Adolescent Nutrition
- Feeling Good: Diet, Emotions and Behavior



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- Healthy Cooking
- Safe Eating: Food Additives, Contaminants and Supplements
- Shaking the Salt Habit
- Sports Nutrition
- Supermarket Survival
- Taking Control: Ten Steps to Reduce the Effects of Cancer
- Weight Loss and Lifestyle Management
- Wellness Is Ageless: Nutrition, Aging and Vitality

The Yoga Center
1-603-226-0680

- Massage Therapy
- Qigong
- Yoga

WomanKind
1-603-225-2985

- Stress Reduction

DERRY AREA

Amerisports Fitness & Wellness Center
1-603-432-0999

- Arthritis Aquatics Program
- Nutrition and Weight Loss
- PACE — People With Arthritis Can Exercise
- Tai Chi
- Yoga

Columbia Parkland Medical Center, Community Wellness
1-603-432-1500, ext. 2271

- Babysitter Training
- Breast-feeding Classes (ext. 2039)
- Childbirth Education (ext. 2039)
- CPR and Recertification
- Diabetes Education (ext. 2140)
- Early Pregnancy Seminars (ext. 2039)
- Health Screening
- Sibling Class (ext. 2039)
- VBAC Information Class (ext. 2039)

Path of Harmony, Mary Sturtevant, M.Ed.
1-603-434-0655

- Qigong
- Reiki
- Tai Chi

Salem Athletic Club
1-603-893-8612

- CPR
- Parent/Tot Gym and Swim
- Pool Arthritis Program
- Spinning
- Yoga Fit
- Young at Heart (60+ membership)

Yoga Sanctuary
1-603-537-0588

Priscilla Anne Flynn, CYI, Director

- Kripalu Yoga—beginner, intermediate and experienced
- Meditation Classes
- Phoenix Rising Yoga Therapy
- Reiki and Reiki Clinics
- Yoga for Kids

EXETER AREA

Synergy
1-603-778-6777

- Blowing Away Asthma

Healthreach
1-888-777-3224

- Diabetes Education and Fitness

FRANKLIN AREA

Franklin Regional Hospital
1-603-934-2060, ext. 329

- Childbirth Preparation
- CPR
- First Aid
- Freedom From Smoking
- Healthy Older People
- Lifestyle Programs
- Parenting
- Stress Management
- Weight Management

FRANCESTOWN AREA

Dancing Through Pregnancy
1-603-588-2951

- Pre-/Postnatal Fitness

HEBRON

A Good Thing Therapeutic Massage
1-603-744-5304 or 1-603-536-3800

- Pre-/Postnatal Massage

LACONIA AREA

Laconia Athletic & Swim Club
1-603-524-9252

- Aquatic Arthritis Exercise Program
- Aquatic Pre- and Postnatal Exercise
- Nutrition
- Pilates
- Swimming Lessons/Adults and Children
- Tai Chi
- Weight Loss and Lifestyle Management
- Yoga

Lakes Region General Hospital
1-603-527-2997

- Arthritis Education
- Asthma Program
- Breast-feeding
- Childbirth Education and Preparation
- Diabetes Education
- Freedom From Smoking
- Prenatal Exercise
- Risk Factors: Nutritional Education
- Sibling Classes

LANCASTER AREA

Orchard Hills Athletic Club
1-978-537-8387

- Back Care
- CPR
- Nutritional Counseling
- Parent and Me Swim Program

Weeks Medical Center (Dartmouth-Hitchcock)
1-603-788-5020

- Smoking Cessation

LEBANON AREA

Dartmouth-Hitchcock Medical Center
1-603-650-7860

- Infant Massage

The Women's Health Resource Center
1-603-650-4377

Call for current class listing and program information.

LOWELL AREA

Saints Memorial Medical Center
1-978-934-8437

- Babysitter Training
- Breast-feeding
- Childbirth Classes
- CPR
- Freedom From Smoking
- Moms in Motion
- National Safety Council First Aid
- Natural Family Planning (\$300 limit per year)
- Sibling Preparation
- VBAC Preparation
- Yoga

MANCHESTER AREA

Allard Center
1-603-497-4663

- ACES (Allard Center Exercise for Seniors)
- Basic Self Defense Program
- Fitness Testing
- Map and Compass
- Nutrition Analysis (\$102 per program)
- Sports Injury Assessment
- Tot Gymnastics
- Women on Weights Program
- Yoga

Bedford Nutrition Consultants
1-603-623-7749

- Diabetic Educator
- Diet Analysis
- Individual Counseling
- Nutrition Analysis



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Beth Allen, R.N.
1-603-641-6700

- Infant Massage
- Pregnancy/Postpartum Massage

Catholic Medical Center
1-603-668-3545

- LOSE Program
- "N" Shape
- Smart Shopping

Dartmouth-Hitchcock Clinic
1-603-695-2500

- Menopause Journey

Gold's Gym—Trainer's Corner
1-603-622-8396

- Health Risk Assessment
- Nutrition and Weight Loss
- Wellness/Fitness Program

Hitchcock Clinic
(Women's Health & Resource Center)
1-603-695-2639

- Childbirth Education
- Midlife Program
- Mind/Body Programs
- Parenting Classes
- Stress Reduction
- Strong Living Program
- Yoga

YMCA-Allard Center
1-603-623-3558

- Arthritis Foundation Aquatics Program
- Investigator and Play and Learn
- Swimming Lessons
- Tot Gymnastics (limited to Teeny Tumblers only)
- Yoga

MILFORD AREA**Getting in Touch**
1-603-672-4053

- Chair Massage
- Massage Therapy
- Reiki

Hampshire Hills Sports & Fitness Club
1-603-673-7123, ext. 275

- Aquatic Personal Training

- Aquatic Therapy
- Arthritis Foundation Aquatics Program
- Babysitting Class
- Back Care Clinic
- CPR and Recertification
- First Aid and Safety
- Gym and Swim
- Illness Prevention Through Nutrition
- "N" Shape Weight Loss
- Parenting Classes
- Personal Fitness Assessment
- Pre-/Postnatal Exercise
- Primetime 55+
- Shake, Rattle and Roll
- Stress Management
- Yoga

Journeying
1-603-672-3406

- Yoga

MONADNOCK AREA**Cheshire Medical Center**
1-603-354-5400

- Breast-feeding
- Childbirth Preparation and Refresher
- CPR
- Diabetes Education
- Parent Education
- Prenatal Exercise

Dartmouth-Hitchcock Clinic
1-603-354-5400

- CPR: Adult and Pediatric
- Parenting Skills
- Smoking Cessation
- Stress Management
- Why Weight? Weight Management Program (partial coverage)
- Women's Cancer Screenings
- Women's Health

Home Health Care and Community Services Inc.
1-603-352-2253

- Arthritis Education
- Back Care
- CPR/First Aid

- Nutrition
- Parenting Skills
- Smoking Cessation
- Stress Management
- Weight Control
- Women's Health

Monadnock Community Hospital
1-603-924-7191

- Baby Care Basics
- Childbirth Preparation and Refresher
- Community CPR
- CPR: Infant and Child
- Diabetes Education
- Freedom From Smoking
- LIFESTEPS Weight Management
- Monadnock Babysitters Club Class
- Mother and Baby Exercise
- Nutritional Counseling
- Parent Education Classes
- Prenatal Exercise
- Sibling Classes
- Stress Management

The Parent Guidance Center
1-603-924-6306**Nancy Gorr**

- Effective Parenting Workshops
- Sibling Rivalry
- Special Interests Focus Groups
- Parenting

Parentwise
1-603-924-6639

- Parenting

NASHUA AREA**Center for Physical Therapy and Exercise Inc.**
1-603-880-0448

- Acute and Sports Injury Assessment
- Body Fat Analysis
- Personal Fitness Assessment
- Water Therapy

Counseling Center of Nashua
1-603-883-0005

- Active Parenting Today
- Special Skills Training for Children
- Stress Management

Gold's Gym —Trainer's Corner
1-603-889-1565

- Health Risk Assessment
- Nutrition
- Wellness Assessment

Moving Spirits
1-603-886-7308

- Moving Together
- Yoga

Nashua Athletic Club
1-603-889-5520**\$159 limit**

- Nutrition Program

Southern New Hampshire Medical Center
1-800-628-8070

- Active Parenting Program
- Art Therapy
- Breast-feeding Seminar
- Cesarean Birth Seminar
- Child-Sitter Programs
- Childbirth Education, Preparation and Refresher
- CPR: Childsaver and Heartsaver
- Diabetes Education
- Infant Massage
- Massage Classes
- Mindfulness Meditation
- Mother and Baby Exercise
- Music Therapy
- Newborn Care
- Nutrition Management
- Prenatal Exercise
- Reiki
- Sibling Seminar
- Smoking Cessation
- Stress Management
- Tai Chi
- Yoga

St. Joseph Hospital
1-800-210-9000, Med Call

- Body Fat Analysis
- Breast-feeding
- Childbirth Preparation and Refresher
- Diabetes Education

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- Infant and Child Care Classes
- Nutrition Classes
- Parenting Classes
- Pediatric Basic Life Support
- Smoking Cessation Program
- Stress Management
- Super-Sitters
- VBAC/ C-Section Class
- Weight Management
- Women's Health Issues
- Yoga

NEWINGTON AREA

Heart Health Institute
1-603-433-6611

\$150 twice per year

- Cardiac Rehabilitation

NEW LONDON AREA

New London Hospital
1-603-526-2911

- Childbirth Education and Refresher
- Child Safety and Resuscitation
- CPR and Recertification
- Diabetes Education
- First Aid
- Prenatal Exercise
- Safe Sitter
- Smoking Cessation
- Stress Management

PLAISTOW AREA

Natural Health Services
1-603-382-8900

- Natural Weight Loss
- Stress Management

PLYMOUTH AREA

A Good Thing Therapeutic Massage
1-603-536-3800, ext. 11

- Nutrition and Weight Loss
(call for current programs)

Plymouth State College
1-603-535-2515

Mardie Burckes-Miller

- Breast Self-Examination
- CPR: Adult and Infant/Child
- First Aid
- Health Risk Appraisal
- Smoking Cessation
- Stress Management, Weight Loss
- Walking Off Weight

Speare Memorial Hospital
1-603-536-1120

- Stress Management
- Weight Loss

SEACOAST AREA

Body Image
1-603-431-4080

- Body Composition Analysis
- Fitness Assessment
- Weight Management

Endocrinology & Diabetes Consultants
1-603-431-4080

Mary Jo Dudley, Melanie Rhoades

- Cholesterol Education
- Diabetes Management

Exeter Hospital
1-800-439-3837

- Breast-feeding
- Childbirth Education
- CPR: Pediatric and Adult (ext. 6334)
- Early Pregnancy Class
- First Aid
- Mother and Baby/Toddler Socialization
- Nutrition and Weight Management Classes (ext. 6778)
- Parenting Classes
- Smoking Cessation (ext. 6149)

Frisbie Memorial Hospital
1-603-332-5211

- Baby Care Classes
- Birth Care Information
- Breast-feeding

- Childbirth Preparation
- CPR (Adult, Infant and Child)
- First Aid
- For the Health of It – Weight Management
- Infant and Child Safety and CPR Course
- Infant Massage
- Just for You: Weight Reduction
- Postpartum
- Safe Sitter Course
- Sibling Preparation Class
- Smoking Cessation

HCA Portsmouth Regional Hospital
1-603-433-4003

- Breast-feeding
- Childbirth Preparation
- CPR and Advanced Cardiac Life Support
- First Aid
- Freedom From Smoking
- Prenatal and Postpartum Fitness
- Sibling Preparation Class

Institute for Personal Development
1-603-929-0303

- Smoking Cessation Program
- Yoga

Synergy
1-603-778-6777

- Nutrition (call for current list of classes)

The Heart Health Institute
1-603-433-6611

- Blood Chemistry
- Cardiac Rehab Phase III
- CPR Certification
- Dietary Consultations
- Follow-Up Support Group Classes
- Meditation & Support
- Smoking Cessation
- Weight Management
- Yoga
- Youth and Wellness

The Physical Advantage
1-603-427-0657

\$200 limit

- Advantage Weight Loss Program

**The Works Wentworth Douglass
Hospital Wellness Center**
1-603-742-2163

- Back Care Basics
- Choose to Lose: Weight Management Program
- CPR and Recertification
- Think Light
- Yoga

UNH Cooperative Extension
1-603-862-2493
(call for statewide locations)

- Parenting Education

UNH Nutrition Center
1-603-862-1704

- Body Composition Analysis

- Dietary Analysis
- Nutrition Counseling
- Weight Loss Programs

Wentworth Douglass Hospital
1-603-742-5252, ext. 817

- Babysitting Class
- Breast-feeding Education
- Childbirth Preparation
- CPR
- Diabetes Education
- Osteoporosis
- Prenatal and Postpartum Exercise
- Sibling Preparation Classes
- Stop Smoking Hypnosis Clinic

SOMERSWORTH AREA

The Works Health & Fitness Center
1-603-742-2163

- Hearts in Motion

X

Frisbee Memorial Hospital
1-603-XXX-XXXX

- xxx



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Health Education

Certificate of Completion

Follow these steps:

1. Complete the Subscriber information below. Please make sure your CIGNA HealthCare Subscriber ID number appears on this form; it can be found on your CIGNA HealthCare ID card, above your name. Please send a copy of the cancelled check or receipt of payment for reimbursement.
2. Have your instructor complete the rest of this form. In order to receive reimbursement your instructor MUST sign this form, verifying attendance and payment. You must attend at least 75% of the classes and successfully complete the class to receive reimbursement.
3. Send this entire form with **proof of payment** to:

**Health Promotion Department
CIGNA HealthCare of NH, Inc.
Two College Park Drive
Hooksett, NH 03106**

Subscriber: _____ Subscriber ID # _____

Instructor: _____
I hereby certify that _____ completed
Participant Name

_____ Class Name _____ held at (Facility, Location) _____

_____ Begin Date _____ End Date _____ The cost of this class is \$ _____

Please check below:

- | | | | |
|--|---|---|---|
| <input type="checkbox"/> Back Education | <input type="checkbox"/> Babysitting | <input type="checkbox"/> Stress Management | <input type="checkbox"/> Arthritis |
| <input type="checkbox"/> First Aid | <input type="checkbox"/> CPR | <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Childbirth | <input type="checkbox"/> Breast Feeding | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Cancer Ed. |
| <input type="checkbox"/> Sibling Class | <input type="checkbox"/> Parenting | <input type="checkbox"/> Self Care | <input type="checkbox"/> Cardiac Ed. |
| <input type="checkbox"/> Weight Control | <input type="checkbox"/> Nutrition | <input type="checkbox"/> Smoking Cessation | <input type="checkbox"/> GI Disease |
| <input type="checkbox"/> Pre/Postnatal Fitness | <input type="checkbox"/> Yoga/Tai Chi | <input type="checkbox"/> Health Risk Assessment | <input type="checkbox"/> Swimming Less. |

By signing below, I certify that the member paid in full and attended at least 75% of the classes.

_____ Instructor's Name _____ Telephone # _____ Instructor's Signature _____

_____ Health Promotion Approval _____ Reimbursement \$\$ _____

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In order to receive reimbursement for an approved health education class you and your instructor must complete this form. You may call Member Services at the number on your ID card to request more forms, to confirm your eligibility for this benefit or to confirm coverage for a specific class. Some limitations apply (some classes have only partial coverage, limit of two of the same class per year). Please allow four to six weeks for reimbursement check.



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